

WINGSPREAD

Perfect planting



Fitness center recreation aides Natasha Collier (left) and Markela Babb plant flowers outside Hangar 70 as part of I Love Randolph Week, observed Monday through today. I Love Randolph Week is an annual five-day clean-up project where base individuals and organizations lend a hand to help beautify the base. Cleaning, landscaping and painting were some of the ways Team Randolph members pitched in. The event is sponsored by the 12th Civil Engineer Division. (Photo by Jennifer Valentin)

NASA officials learn about CSO training

By Bob Hieronymus
Wingspread staff writer

A representative of the NASA visited Randolph Monday to talk with officials about methods of training used in the Combat Systems Officer course.

NASA is currently re-examining its training program for mission flight controllers, said Ms. Sarah Murray, Chief of the Electrical Systems Branch at the Johnson Space Center in Houston office.

Controllers are the people who man the consoles in the control center during space missions, monitor the status of various systems on board the spacecraft and are in position to observe anomalies in the various subsystems.

Since this kind of work involves long hours of minimal activity punctuated by sudden periods of high stress when crisis situations arise, the controllers' training is a critical element in mission success, Ms. Murray said.

Navy Cmdr. John Radka, 562nd Flying Training Squadron director for operations, opened Ms. Murray's briefing with an overview of the CSO course,

its objectives and the student workload. He and two briefing officers, Maj. Drew Frasch, 562nd FTS, and Maj. Lynn Berg, 563rd FTS, presented details of the teaching methodology and then showed Ms. Murray training in progress on the 562nd FTS simulators.

"The key concept in the CSO program is a graduated approach to learning in which successive lessons build on the knowledge acquired in previous lessons and progressively increase the pressure to accomplish assigned tasks," Commander Radka said. "This crescendo of knowledge and intensity is calculated to develop a mode of thinking that prepares the students for the stresses of the real world of military air operations."

Another element essential to success of the CSO program is the experience level of the curriculum developers and the instructors, Commander Radka said.

"Our instructors are all people who have proved themselves in operational assignments and then have completed an intensive training course in teaching methods specifically related to our subject matter," the commander said. "That creates an atmosphere of

credibility in the classroom that can not be duplicated any other way. There is a close relationship between our students and staff, so that there are many opportunities for the students to absorb the attitudes of the more senior people."

Ms. Murray, herself an Army veteran, pointed out that the NASA culture is different from the military environment. NASA is staffed by civilians, most of whom have technical or engineering credentials. The curriculum now in use for the flight controllers is built on approximately eight months of self-paced study, followed by approximately six months of medium to high stress simulator exercises, depending on the system (communications, power, etc.). Because of flight controllers' workloads, senior controllers are seldom available for training sessions. Lack of resources is a significant constraint for the training process, she said.

Ms. Murray had many questions for the briefing team and was intensely interested in how the simulator sessions were conducted. From Randolph, Ms. Murray was also planning to visit Schriever Air Force Base to observe GPS operations training.

12th Flying Training Wing Training Status									
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program		
			562nd FTS		563rd FTS		Aircraft	Required	Flown
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO		
99th FTS	-2.0	-1.3	USAF	291	OPS	25	International	17	T-1A 5267.7 5661.4 10,725
558th FTS	-10.0	-5.6	Navy	32	Advanced EW	15	EW Course	0	T-6A 8803.0 8777.4 17,196
559th FTS	-14.0	-3.2	International	3	Integration	27	Intro to EW	0	T-37B 2719.7 2787.7 5,796
560th FTS	0.0	-0.5	Total in Training	326		67		17	T-38C 4701.6 4975.4 9,937
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.				The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.		

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

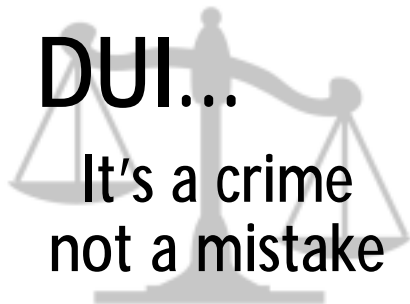
When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

“PROTECT YOUR WINGMAN”



Team Randolph's
last DUI was
March 18, 2006

Library Parking

Q Parking near the base library is limited. On several occasions it's been noted that library employees are using the spots closest to the building making them unavailable for customers. Is it possible to request that

employees utilize other parking locations in order to reserve the closest spots for daily customers?

A Thank you for bringing this issue to our attention. The library apologizes for any inconvenience this unintentional oversight may have caused. Since your inquiry, the

library has re-iterated the need that all library personnel utilize the more distant parking spots in order to give the daily customer improved access to the facility.

The library staff is committed to its unparalleled customer service record and thanks you for the opportunity to address and rectify this situation.

Letter to Airmen: Sexual Assault Awareness Month

By Michael Wynne
Secretary of the Air Force and
Gen. T. Michael Mosely
Air Force Chief of Staff

Sexual Assault Awareness Month is observed nationally in April 2006.

Your Air Force leadership has been aggressively addressing this national problem. We will continue to dedicate ourselves to preventing it, and if it occurs, responding deliberately to sexual assault within the Air Force.

Sexual assault is a crime and will be treated as such in our Air Force. Every single Airman is important to the combat capability of our United States Air Force. We value each and every member of our team.

Our core values are built on themes of respect and mutual dependence. But with sexual assault, everybody loses: the victim, the perpetrator and the

entire squadron.

It is up to all Airmen to help prevent this heinous crime.

We have made significant strides in our prevention and response efforts over the past year with mandatory awareness training to more than 360,000 Airmen worldwide. Sexual assault response coordinators and victim advocates have been trained and are actively working to educate us on how to prevent this crime, while providing dedicated and caring assistance to its victims.

We've implemented a restricted reporting option, which allows Air Force military members who have been sexually assaulted to confidentially receive medical treatment and support without automatically triggering a criminal investigation.

Similarly, victims who would like a case to be investigated can make an

immediate unrestricted report and still receive the support of the sexual assault prevention and response team.

Remember, integrity involves responsibility, accountability and self-respect. Airmen with integrity are dependable and consistent. They behave in a manner that brings credit to themselves, their unit and the Air Force.

Airmen who value their teammates and our Air Force more than their narrow self-interests display fundamental respect for others as well as discipline and self control. Airmen who are committed to excellence apply that standard to their personal lives, community involvement and operational initiatives.

Let us continue our rise to that higher plane where every Airman is treated with respect and protected from harm. Our mission and our core values demand nothing less.

I report to my boss, I work for my people

By Maj. Theresa Humphrey
355th Maintenance Operations Squadron commander

DAVIS-MONTHAN AIR FORCE BASE, Ariz. (AFPN) – I report to my boss, but I work for my people.

Before you think, "I wouldn't have said that if I were her," hear me out.

This phrase is about taking care of people and being a selfless leader. When I walk through my door every morning, I'm not thinking about what I can do to impress my boss but what I can do to help my people.

Does it mean my boss doesn't matter? Of course not. I am still responsible to him, I still answer to him and I still need to keep him informed. However, I don't exert all of my energy on him. I save it for my people. I take care of them, they take care of me and I can take care of my boss.

So what does it mean when I say "I work for my people"?

It means that whenever I do anything, it is to help them out. When I review enlisted performance reports and officer performance reports, I put an equal amount of time and effort into all of them no matter what the ratee's rank. When I review an award package, I make sure it is the best submission possible.

When I discipline people, I make sure it is fair, equitable

and appropriate. I set standards and expect my people to follow them.

I try to make things fun, even commander's calls and staff meetings. I give people honest feedback and I take theirs in return. I let them know what I expect, when they've done well, when they haven't quite hit the mark and what they need to do to improve. I let people do their jobs and trust them until they give me a reason not to.

Most importantly, I genuinely care about their well-being and try to convey that in everything I do. The minute this seems phony, I lose credibility.

My people take care of me by enabling me to take care of my boss. If my boss notices, that's great. If not, my reward is in knowing my people are well, motivated to show up to work every day and doing their best.

To me, all the recognition in the world is worthless if I am making people miserable in the process.

Maybe it just boils down to priorities. I feel an effective leader thinks "people first," not "me first." Good leaders take care of their people because they know their people will take care of them. When their people take care of them, leaders can take care of their bosses. Good bosses will see this quality and in turn take care of the leader.

Pretty neat how that all works out!

Congratulations Retirees

Today

Tech. Sgt. Gloria Roberts

1st Manpower Requirements Squadron

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSPREAD

12th Flying Training Wing

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412.

For more information about submissions, call 652-5760.

Don't become a target for sexual predators

By Laura McGowan
Aeronautical Systems Center Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) – April is Sexual Assault Awareness Month. Air Force officials are aggressively seeking to educate Airmen about sexual assault prevention and the barriers that prevent victims from reporting the crime.

“Sexual assault turns the victim’s world upside down, and the trauma of being assaulted is a shock from which many victims never fully recover,” said Brig. Gen. K. C. McClain, Joint Task Force Sexual Assault Prevention and Response commander. “And the thought that you’re going to have to talk to your commander, supervisor, the investigators -- all of these people are going to know – is overwhelming for some people, and they don’t want to deal with it.”

It has been widely documented and discussed with criminal psychologists that people who inflict the crime of rape usually begin their “careers” early in life. Unfortunately, by the time individuals with this mindset are old enough to enter the Air Force, they may have transgressed the law already and expect to do so again.

Here are some common-sense safety practices that can help military members reduce the possibility of becoming victims of sexual assault:

- If you consume alcohol, do so in moderation. Studies indicate that a high percentage of all sexual assaults in the U.S. involve the use of alcohol by the offender, the victim or both.
- Do not leave your beverage unattended or accept a drink from an open container.
- When you date someone, communicate clearly

“Predators look for opportunities to commit their crimes, and the less opportunity they have, the better.”

with that person to ensure he or she knows your limits from the beginning. Both verbal and nonverbal (body language) communication can be used to ensure the message is understood.

- If you go on a date with someone you do not know very well, tell a close friend about your plans.
- You have the right to say “No” even if you: Say yes, but change your mind; have had sex with this partner before; have been kissing or “making out”; are wearing “provocative” clothing.
- Always have extra money to get home. Have a plan for someone you can call if you need help.
- If you feel uncomfortable, scared or pressured, act quickly to end the situation. Say, “Stop it” and leave or call for help.
- When you go to a party, go with a group of friends. Arrive together, watch out for each other and leave together.
- Be aware of your surroundings at all times.
- Do not allow yourself to be isolated with a person you do not know or trust.
- Travel with a friend or in a group.
- Plan your outings and avoid getting into a bad situation.
- Walk only in lighted areas after dark.
- Keep the doors to homes, barracks and cars locked.

• Know where a phone is located.
Predators look for opportunities to commit their crimes, and the less opportunity they have, the better. Most sex offenders don’t look creepy or scary. In fact, some can be very good looking and charming.
“I was a normal person. I had good friends. I led a normal life, except for this one, small but very potent and destructive segment that I kept very secret and close to myself,” said convicted serial killer Ted Bundy in his final interview with psychologist Dr. James Dobson.

During that interview, Dr. Dobson noted, “Bundy, a good-looking, intelligent law student, learned to lure women into his car by various forms of deception. He would put a cast on his arm or leg, and then walk across a university campus carrying several books. When he saw an interesting coed standing or walking alone, he’d ‘accidentally’ drop the books near her.

“The girl would help him gather them and take them to his car. Then he would entice her or push her into the vehicle where she was taken captive. After he molested the girl and the rage of passion had passed, she would be killed, and Bundy would dump her body in a region where it would not be found for months. This went on for years.”

Don’t become a target for a sexual predator seeking the opportunity to take advantage.
“Commanders are the key to sexual assault prevention and response.” Gen. McClain said. “Everyone from our most junior member to our most senior member has a role in prevention and response. It’s not a commander’s program; it’s everyone’s responsibility.”

NEWS

COMMANDER CONNECTION

This column introduces new unit commanders to the base community.

Lt. Col. Kenny Duck
563rd Flying Training Squadron

- **Date of command:** April 14
- **Hometown:** Oakdale, La.
- **Unit mission:** Provide academic, simulator and flying training leading to duty as Weapons Systems Officers and Combat Systems Officers. Conducts specialized electronic combat entry and graduate-level courses for Department of Defense members. Support security assistance programs by conducting electronic combat courses for international officers.
- **Key to success in the Air Force:** “Be known as someone who gives 100 percent, a ‘launch and leave’ problem solver; treat people in a manner worthy of their loyalty; never lose sight of your unit’s mission.”

- **Previous assignments:**
Air Command and Staff College, Maxwell AFB, Ala.
Chief of Bomber Assignments, Air Force Personnel Center, Randolph
- B-1 Formal Training Unit Instructor, Dyess AFB, Texas
- **Vision for the unit:** Provide the warfighter the most current and advanced curriculum, simulators and flight training while achieving a state of the art teaching facility for the unit’s instructors.
- **Memorable Air Force experience:** “While quartered in one of Saddam Hussein’s former palaces during Operation Iraqi Freedom in July 2003, I watched a news story in his movie theater about our military’s efforts to capture him.”



Network passwords will soon be a thing of the past

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON (AFPN) – Airmen have been carrying around some pretty high-tech identification cards in their wallets for quite a while now. That technology will soon be put to good use.

For many, the Common Access Card, or "CAC," is just a replacement for the green military ID card used for so many years. But the card can be used for more than getting Airmen past gate security. The cards carry digital "certificates" that allow a user to more securely identify themselves to a computer network.

It is that secure networking capability the Air Force expects to begin taking advantage of, said Lt. Gen. Michael W. Peterson, the Air Force chief of warfighting integration and chief information officer.

"So much of our warfighting capability is inherent to our networks, and our ability to go to war relies on our networks," the general said. "We have absolutely got to lock the networks down. Passwords and usernames are no longer sufficient against the sophisticated hackers that are out there. It is time to move on to the common access card, and use the embedded technology on their microchips."

By July, the Air Force expects nearly 80 percent of Airmen and Air Force civilians will use their CAC to log on to their NIPRNet, or "Non-secure Internet Protocol Router Network," accounts at work.

Once fully implemented, users can forget their network account names and passwords. Instead, they will log on to work computers by sliding their CAC into readers and entering a personal identification number. The need to have a physical product, a card, to get into the network, provides a level of security beyond the traditional password and login name combination, General Peterson said.

"It is something you have in your hand and something you know, instead of two things you know," General Peterson said.

Because the CAC also serves as a military ID and is used to gain physical access to Air Force installations and resources, Airmen know how important it is to protect it. General Peterson said he believes the emphasis Airmen put on protecting their CAC from loss will translate to protecting the Air Force network when they begin using it to log on there.

The common access card is not unique to the Department of Defense. Similar cards are used throughout the civilian world and government

agencies, both in the United States and other countries. The technology is similar to the "Security Identity Module" or SIM chips used in cellular phones. The microchips on CACs hold about 65,000 characters of information, equivalent to about two and a half copies of the United States Constitution.

The unique digital certificates stored on the CAC are of critical importance. Those certificates are used to confirm the identity of cardholders to Air Force computer networks. The same certificates also allow Airmen to digitally sign and encrypt e-mail messages.

In addition to certificates, the cards also store a member's full name, e-mail address, date of birth, gender, blood type, organ donor status, military exchange and commissary status, and meal plan status. While a fingerprint was taken at the time the cards were issued, that data is not actually stored on the card, but rather in an online database. All the information is protected by a personal identification number.

While not all computer systems in the Air Force will require Airmen to use a CAC for login, most eventually will. The change, said General Peterson, is part of the future of network security, and is important to protecting the Air Force's vast warfighting network.

AFAF sees overwhelming response

By Jennifer Valentin
Wingspread staff writer

Base members still have time to donate to the Randolph Air Force Assistance Fund “Commitment to Caring” campaign which runs through April 21.

The annual campaign gives people the opportunity to contribute to one or more of four Air Force-related charities.

The charities, which include the Air Force Aid Society, Air Force Enlisted Villages, Air Force Village Indigent Widows’ Fund in San Antonio and the General and Mrs. Curtis E. LeMay Foundation, support Air Force active-duty, Reserve and Guard members as well as retirees, surviving spouses and families.

Each charity receives 100 percent of designated contributions.

“Randolph’s campaign had an outstanding start, and I’m confident we’ll have a strong finish,” said Capt. Pete Rakovalis, AFAF project officer. “The most important thing is that everyone who wants to give has the chance to.”

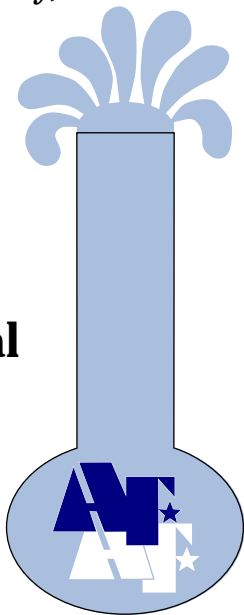
People can contribute to AFAF through cash, check, money order or payroll deduction. Contributions are tax deductible.

For more information, visit <http://afassistancefund.org> or see any unit key worker. For those who do not know their unit key worker, call Captain Rakovalis at 652-9368.

Randolph’s AFAF Campaign Contribution (as of Tuesday)

157 %
of monetary goal

Randolph’s Air Force Assistance Fund runs through April 21.



The one and only you

Modern technology demands personal document protection

By Bob Hieronymus
Wingspread staff writer

More than nine million American adults were victims of identity theft last year, with the average damage done amounting to almost \$6,000 per victim.

Identity theft remains the fastest growing crime in the United States, partly because it is so easy to do, involves quick rewards and is often difficult to detect, 12th Flying Training Wing Staff Judge Advocate officials said.

There are two basic categories of identity theft, the officials said. The first is account takeover. This is when the thief gains access to an existing credit or bank account and uses that information to buy products or services. The victim may find out about the theft only when unexpected bills start coming in.

The second is application fraud. This involves the theft of a Social Security number and other identifying information to open new accounts in the victim’s name. This may be even more difficult to detect since the perpetrator may have the bills sent to some bogus address, thus extending the time before the bills start reaching the victim.

Capt. Brian Young, 12th FTW assistant staff judge advocate, suggested some ways to minimize the

Reduce Threat of Identity Theft

Officials in the 12th Flying Training Wing Staff Judge Advocate office offer the following tips to avoid becoming a victim of identity theft

- Carry only the minimum of financial information with you. Memorize passwords and PIN numbers.
- Keep personal financial information in a secure place at home.
- Shred personal identity information in a confetti shredder.
- Instead of signing a credit card on the back, write “Photo ID required.”
- When writing checks to pay for credit card accounts, put only the last four account numbers on the “For” line.
- Pick up new orders of checks or credit cards at the bank rather than having them mailed to a home address.
- Do not leave outgoing payments in a home mailbox.
- Do not give sensitive personal information to unsolicited telephone callers or emails.

Fight back after ID theft

- File a police report with a local law enforcement agency and keep a copy of that report.
- Report the theft to the Federal Trade Commission at www.consumer.gov/idtheft.
- Contact one of the three primary credit reporting bureaus.
- Report unauthorized charges and accounts to credit issuers immediately by phone and in writing, then consider canceling the account.
- If a wallet or purse is stolen, immediately cancel credit and debit card accounts. Put a ‘stop payment’ on all lost or stolen checks.
- In some cases, it may be necessary to get a new Social Security number. Call the Social Security Administration, 1-800-772-1213 or go to www.ssa.gov/pubs/10064.html.

threat of identity theft.

“Foremost among the items a thief is looking for is an individual’s Social Security card. There is no need to carry it in a wallet every day,” he said. “Keep your social security card in a

safe place, not in your back pocket.”

Information about combating identity theft is available at www-identitytheft911.org or through the Texas Attorney General’s office at 1-800-621-0508 or www.oag.state.tx.us.

OEF, OIF veterans receive preference for federal hiring

WASHINGTON (AFP) – Airmen now have increased eligibility for veterans’ preference when released or discharged from active duty, Office of Personnel Management officials here wrote in a recently released memo.

More servicemembers are now eligible for veterans’ preference when applying for government civilian jobs. Pres. George W. Bush signed into law the Defense Authorization Act for fiscal 2006, which contained two provisions that broadened the definition of a “veteran” and clarified eligibility for those released or discharged from active duty, said the statement.

The first provision gives preference to those who have served on active duty for a period of more than 180 consecutive days, any part of which occurred during the period beginning Sept. 11, 2001, and ending at the close of Operation Iraqi Freedom, regardless of location, provided they meet other eligibility conditions.

The second provision clarifies veterans’ preference eligibility for individuals “who are discharged or released from active-duty service”, provided that they, too, meet other eligibility requirements. In the past, the statement only gave eligibility to “individuals separated from the armed forces.”

Linda Springer, director of OPM, said the changes are good news for servicemembers.

“These provisions recognize veterans for their service during a critical time in U.S. history,” she said. “As a result, more eligible veterans who served on active duty during the designated period will be entitled to veteran’s preference.”

Since the Civil War, veterans have been given preference in appointments to federal jobs. Congress enacted laws to prevent veterans seeking Federal employment from being penalized for their time in military service.

For more information, visit www.opm.gov/employ-veterans/.

NEWS BRIEFS

H Street closed for repairs

The 12th Mission Support Group announced that H Street, where the bowling center, Chapel 2 and child development center annex are located, will be closed April 21-24 for a project to seal coat and restripe the surface. Signs will be posted to redirect traffic.

Housing office closed

The Randolph housing office is closed Monday from 2-3:30 p.m. for a commander’s call.

Randolph guest speakers

The 12th Flying Training Wing Public Affairs office reminds people volunteering as guest speakers in the community to advise the PA community relations office in advance of the event.

Speakers should ensure that:

- Participation does not interfere with assigned duties
- Views expressed are non-partisan and do not imply Air Force sponsorship
- Participation does not violate DoD Directive 5500.7, Joint Ethics Regulation
- Remarks or speeches have been reviewed for security and policy, if applicable.

For more information, call 652-4407.

RFISD transfer forms available

Application forms for students wanting to transfer to Randolph Field Independent School District for the 2006-2007 school year will be available beginning April 17 at 9 a.m.

The forms are available at the administrative office or online at www.randolph-field.k12.tx.us.

Forms must be filled out, signed by both parent and student, and returned to the administrative office along with a copy of the student’s last report card and attendance record.

School band members recognized

Eleven Randolph Middle School students recently made the Region 12 Honor Band.

The students honored were Daniel Keef, Kate Touhill, Ashley Allen, David Grieder, Nancy Riviera, Taylor Tanner, Chris Taglieri, Taylor Watson, Joseph Cavazos, Hannah Ringler and Tyler Stephens.

Gas station hours

Randolph Base Exchange service station officials remind people the gas pumps operate 23 hours a day and around the clock on Sunday.

The pumps are staffed by a cashier weekdays from 7 a.m. to 6:30 p.m. and Saturday from 8 a.m. to 5:30 p.m. for cash, check and credit card sales.

The pumps are closed for one hour after closing each day, then they are available overnight for credit card sales only until the cashier staffs the kiosk again. The pumps are credit-card only all day Sunday.

PTO officers elected

Lisa DeWitt has been selected as the Randolph Elementary School Parent-Teacher Organization president for the 2006-2007 school year.

Stephanie Lawson will serve as the organization’s vice president, Janet Bartleson as secretary and Sharon Hust as treasurer.

AFGE meeting

The next meeting of the American Federation of Government Employees Local 1840 is Tuesday at 5 p.m. in Building 201 on the east side of the commissary.

Earth Day focuses on activities to promote healthy planet

By Jennifer Valentin
Wingspread staff writer

Earth Day is a time to take action, especially in the workplace. It can be by doing something as simple as using recycled paper or commuting to and from work. Earth Day is observed annually April 22.

Randolph has several events planned to observe the day April 21. The youth center conducts a tree planting ceremony at 3:45 p.m. Children from the youth center and other base members will be on hand to help plant a tree outside the center.

"Part of the traditional Earth Day observance is planting a tree," said Matt Kramm, Randolph natural resources manager. "By participating in the tradition, we help to make the earth a more beautiful place."

Also on April 21, booths will be set up from 10 a.m. to 2 p.m. at the BXtra. The booths will feature information about Earth Day and how people can do their part to make the Earth a better place, Mr. Kramm said.

The youth center is conducting an Earth Day coloring contest. The winning poster will be announced the morning of April 21.

According to the Earth Day Web site, employees can 'take action' at work in several ways.

People can start a carpool or ride their bicycles to work.

When in the office, they can take the stairs instead of using an elevator. When leaving the office for the day, they can make sure all equipment items, such as computers, copy machines and lights, are turned off.

"If a person is going to lunch or a long meeting, they can also turn off their desk lights and computers to conserve energy while they are gone," Mr. Kramm said. "This may not seem like much, but it adds up."

When buying base supplies for the office, it is required to purchase recycled content, remanufactured and recyclable office products. According to the base environmental flight, offices should clean out their work areas often to get rid of unwanted papers and files by recycling them.

"Making an effort to protect the Earth, no matter how small, can have an affect on others," Mr. Kramm said. "It is everyone's responsibility to do their part in making the Earth a better place for the future."

For more information, call 652-4668 or visit www.earthday.gov.



EARTH DAY
2006

DoD targets priorities

Tricare launches healthy choices for life programs

FALLS CHURCH, Va. (AFPN) – Take care of your body and it will take care of you, say health experts. In today's fast-paced world, they also say that is getting harder to do.

Being overweight, using tobacco products and excessive drinking go against this adage and can cause serious health problems and possibly early death. The military community is not immune to the health issues these activities can cause.

Tricare Management Activity, the Department of Defense agency responsible for the health care of 9.2 million beneficiaries, has created two demonstration projects and a pilot program to test multiple education and prevention initiatives designed to help service members and their families battle the dangerous effects of obesity, tobacco use and excessive drinking.

Tricare plans to launch weight management, tobacco cessation and alcohol programs within the coming months. These projects will involve servicemembers and their families who volunteer to participate.

"Weight management, tobacco cessation and the

responsible use of alcohol are health priorities targeted by the Department of Defense for active education and prevention," said Dr. William Winkenwerder Jr., assistant secretary of Defense for Health Affairs and director of Tricare.

The demonstration projects will span three years and the pilot program will cover two years from start-up. They will help identify ways to deliver the best possible benefit for Tricare beneficiaries.

Demonstration programs or pilot project participation criteria:

Weight management demo project: Non-active duty Tricare prime beneficiaries ages 18 to 64 not receiving Medicare or enrolled in the Tricare extended care health option and living within 50 miles of the research centers in Ohio, Michigan, Indiana and Illinois.

Tobacco quitline demo project: Tricare Prime beneficiaries ages 18 to 64 not receiving Medicare or enrolled in the extended care health option and living near military treatment facilities in Colorado, Kansas,

Missouri and Minnesota.

Alcohol prevention pilot program: Active-duty servicemembers ages 21 to 25 assigned to the following installations: Hurlburt Field, Fla., Fort Bliss, Texas, Fort Sill, Okla., Norfolk Naval Base, Va., Naval Base Ventura County, Calif., Cherry Point Marine Corps Air Station, S.C., and Camp Pendleton, Calif.

The projects are scientifically based studies that will help the DoD determine the effectiveness of behavior-modification programs that may be used throughout the military health system.

"Preventing these unhealthy behaviors is critical to the readiness of our forces and the health of our nation as a whole," Dr. Winkenwerder said. "I am pleased by the successful programs already in place in the military services and the innovative approaches to prevention, education and treatment that Tricare is pursuing for their families."

For more information about the project launch dates, visit Tricare's Web site at www.tricare.osd.mil/healthy-choices.

Military joins Fiesta festivities in San Antonio

By Jennifer Valentin
Wingspread staff writer

With the city of San Antonio gearing up for Fiesta, 10-days of parades, music, tons of food and cascarones galore, the military is also getting ready to take part in the festivities.

The 115th annual Fiesta San Antonio takes place April 21-30. The city's military bases, including Randolph, will participate in several of the events.

"The 10-day schedule includes eight events sponsored by the four services, showing how prevalent the military is in our community," said Anne Keever Cannon, Fiesta public relations manager.

Two Veterans' groups, the Navy League, color guards and military bands also play an important role in the festivities, she added.

Fiesta San Antonio began in 1891 to honor the heroes of the Battles of the Alamo and San Jacinto. Its many events today display San Antonio's multicultural heritage with festivals, parades, live music, dancing and exhibits.

"In San Antonio, Fiesta wouldn't be the same without the Army, Navy, Air Force and Marines," Ms. Cannon said.

As part of their duties as base ambassadors, Senior Airman Francisca Alaka and Staff Sgt. Keith Loudermill will represent Randolph at several events during Fiesta.

"We have already attended numerous pre-Fiesta events, and the excitement is building," Airman Alaka said. "This is my first time attending Fiesta,



Randolph's 2005 Ambassadors, 2nd Lt. Grant Hosmer and 1st Lt. Zarine Malesra salute during the Texas Cavalier's River Parade downtown during last year's Fiesta events. (Photo by Javier Garcia)

and I can feel the strong sense of San Antonio pride. I am thankful for the opportunity to represent the base and the Air Force."

Sergeant Loudermill is also excited to be able to attend Fiesta.

"Representing Randolph and the Air Force will definitely be a highlight during my time as an Ambassador," he added.

For more information and for a complete schedule of events, visit www.fiesta-sa.org.

Fiesta and the Military

San Antonio's military organizations are heavily involved in Fiesta San Antonio. Here's a list of upcoming military-related events.

- Fiesta San Antonio Official Opening Ceremony
April 21 from 9-10 a.m. at Alamo Plaza
- Fort Sam Houston Fiesta Ceremony and Fireworks Extravaganza
April 23 from 1-9 p.m. at MacArthur Field at Fort Sam Houston
- Air Force at the Alamo
April 24 from 11 a.m. to noon at Alamo Plaza
- Pilgrimage to the Alamo
April 24 from 4-5:15 p.m. at Alamo Plaza
- Fiesta in Blue, Air Force Musical Extravaganza (free, but ticket controlled)
April 25 and 26 from 7-9 p.m. in Laurie Auditorium at Trinity University
- Lackland Fiesta Military Parade
April 26 from 9:30-10:15 a.m. at Lackland
- Air and Army Guard Fiesta
April 26 from 3 p.m. to midnight at the Texas National Guard Armory
- Navy Day at the Alamo
April 27 from 11 a.m. to 1 p.m. at Alamo Plaza
- Marines at the Alamo
April 27 from 4-5 p.m. at Alamo Plaza
- Navy Fiesta Reception
April 27 from 6:30-10 p.m. at Fort Sam Houston's golf clubhouse
- All Veterans Memorial Service
April 30 from 1-2 p.m. at the Veterans Square, Auditorium Circle

Sit Up! Shoulders back!

Correct posture at desk decreases work fatigue, increases productivity



By Jennifer Valentin
Wingspread staff writer

Computers have become necessary for everyday work and most people spend almost the entire day at a desk in front of one.

However, if they aren't practicing safe and correct posture while spending hours working at a desk, they could be hurting themselves without knowing it.

According to base health and safety officials, people who spend large amounts of time sitting in front of a computer should take breaks often.

People also forget to stretch while sitting, which can help prevent fatigue.

"The work environment should be adapted to you, and not the other way around," said Capt. Jon Sams, physical therapist at the Randolph Clinic. "This is important, because when the work station fits your needs, fatigue and stress decrease and comfort increases."

The keyboard and mouse should be within reach and in a comfortable position for a person's hands and wrists. If items used frequently are not within reach, the desk should be rearranged so those items are readily available, such as the phone, calendar, and pads and pens, Captain Sams said.

People should also remember not to overuse their computer. Sometimes it's easier to make a phone call or walk down the hallway to talk to someone, rather than send an e-mail.

When talking on the telephone, people

should avoid tucking the headset into their shoulder and ear so they can type at the same time. This can aggravate the neck, shoulders and arms, the captain said.

"In the long run, you are more efficient and you can help decrease your risk of getting a repetitive trauma disorder, such as carpal tunnel syndrome," Captain Sams said.

According to the safety office, when typing, don't pound the keys, and try increasing the font size, even with larger monitors. When typing, wrists should not rest on anything. The arms should be moving hands around the keyboard. The fingers should be in a straight line with the forearm.

If a person experiences pain, following these rules can help, Captain Sams added.

"Mobilization and manipulation can restore normal mobility while moist heat, electrical stimulation, ultrasounds and deep tissue massages can assist in pain relief, but will not fix the inherent problem or dysfunction," the captain said. "However, people should adjust their posture and sitting techniques, and not rely on the treatments only."

Following the example of how to sit properly, as described in the adjacent graphic, should be done every day, he added.

"As you begin to use this posture, and use it for a while, it will become easier and you will find that any pain you may have had will start to go away," Captain Sams said.

COMMUNITY

FSC offers free parenting workshops

By Jennifer Valentin
Wingspread staff writer

The Randolph Family Support Center offers free parenting workshops for Randolph couples who are expecting a child and those who have children up to age 4.

The workshop, called Precious Minds New Connections, is taught by Femi O'Grady, child development center director, and Chris Morrow, community readiness consultant.

The six workshops are held quarterly. The next series takes place Tuesdays and Thursdays for three weeks beginning May 2 from 4-6 p.m. at the child development center annex in Building 734.

"The content of the workshops is aimed at helping parents support their child's development," Ms. Morrow said. "One of the sessions is based on scientific research about brain development and how we can enhance a baby's brainpower."

Other sessions provide information about

infant and early childhood developmental stages and behaviors, plus parenting skills that promote positive behavior. The workshop format includes activities that encourage parents to interact with each other and the facilitators, Ms. O'Grady said.

Parents must attend five of the six workshops to receive a certificate of completion.

Free childcare is provided during the workshops at the CDC Annex. Door prizes are also awarded and dinner is served at the end of each session.

"I encourage all expectant parents and parents with children up to age 4 to register for this free workshop," said Ms. Morrow. "The combination of a great workshop curriculum, free child care, free food and an opportunity to meet with other parents of young children is hard to beat!"

The program is sponsored by Boysville, Inc., through a grant from the Kronkosky Charitable Foundation.

To register or for more information, call Ms. Morrow at 652-5321, extension 236.



Christine Ayers helps her 2-year-old son Trent with a craft project at a base event. The family support center offers parenting workshops for parents of children up to age 4 and expectant couples quarterly. (Photo by Steve White)

Za za za zoom!



Chris and Robin Regalado prep their 2000 Camaro Z28 for the base's car show. The 8th annual car show was held Sunday in the clinic parking lot. The show featured classic cars, unique late model vehicles, trucks and motorcycles. More than 800 people showed up to look at the wide variety on display. (Photo by Javier Garcia)

Ready your ride

Auto skills center offers car care services, tools for do-it-yourselfers

By Jennifer Valentin
Wingspread staff writer

If you're looking for help with your vehicle, whether you need the wheels balanced, air conditioner serviced, an oil change or a car wash, look no further than the auto skills center.

The Randolph Auto Skills Center is open five days a week for customers to take advantage of all it has to offer. With the arrival of spring bringing the promise of a long, hot summer ahead, customers will want to keep their vehicles in tip-top condition, said auto skills officials.

The facility includes 14 work stalls, eight lifts, a four-wheel alignment machine and a code scanner for 1996 and newer vehicles.

"Even though customers can come in and have the work done by the mechanics, they can also bring their vehicle in and work on it themselves," said Sharon Rector, community support flight program manager.

The services the center offers includes wheel balancing, front-end alignments, air conditioning service and resurfacing of disc rotors and drums.

Customers can work on their vehicles, and are able

to do what the mechanics do, but they can also perform tasks such as changing oil, filters and replacing fluids.

The center also includes an adjacent three-stall car wash featuring spot-free rinse cycles, six vacuums, a coin-operated vending machine with cleaning products and a coin changer.

The auto skills center has skilled mechanics who provide help and information, Ms. Rector said.

"If the customer takes their vehicle somewhere else for repairs, but feels they are quoted a high price, they can bring their vehicle in to the auto skills center for free advice," Ms. Rector said.

Customers can also use the center's "Mitchell on Demand" service providing the current rates for specific jobs and the number of hours the job requires.

Customer Kenneth Hall said he uses the auto skills center often.

"If I have something small I need to do on my vehicle, it's convenient because I can usually go during lunch," he said. "The mechanics are always willing to help and give advice."

For more information, call 652-2952.

Spring Car Care Tips

- Clean car battery
- Inspect air conditioning
 - Inspect radiator
- Inflate tires properly
- Replace dirty filters

From www.carcarecouncil.org



FAM-A-GANZA

FUN FOR ALL



Children at Randolph's Fam-A-Ganza event Saturday rush to find hidden eggs during the Easter egg hunt. (Photos by Steve White)

More than 3,000 people gathered at the youth center Saturday to participate in the annual event that celebrates the Month of the Military Child



Aliah Hildreth concentrates on painting her stained glass butterfly at the chapel's booth.



Thomas Mott races to beat a friend through the bouncy obstacle course.



Dustin Heagerty pushes a ball four times his size.



Fam-A-Ganza volunteers serve hot dogs to the hungry crowd.



Darnell Edmonds smiles as he tries on an adult-sized firefighter suit.

MEO oversees fair treatment policies

By Jennifer Valentin
Wingspread staff writer

Ready to assist when they are needed, the military equal opportunity office oversees fair treatment policies for the base community.

The five members of the Randolph MEO office are focused on ensuring the concerns of the base populace are heard and satisfied.

"We want to provide help, and get the issue resolved at the lowest possible level that we can," said Capt. Laura Ramos, MEO chief.

The staff addresses allegations of unlawful discrimination based on race, color, religion, national origin and sex, to include sexual harassment, said Tech. Sgt. Aaron Jackson, an MEO staff member.

"MEO's mission is to assist leadership at all levels in eliminating unlawful discrimination and sexual harassment against military personnel, retirees and family members," Sergeant Jackson said. "The best way to do that is to provide human relations education to all personnel so they will be equipped with the right information and tools they need to treat their fellow human beings with infinite dignity and respect."

Violations of the Department of Defense and Air Force Equal Opportunity policies are handled through either an informal or formal complaint process.

The informal complaint process gives the complainant several options of working out the issues at the lowest possible level.

These options include speaking with or writing the alleged offender advising him or her of the inappropriate behavior, requesting intervention by a co-worker, using the chain of command, or using alternative dispute resolution to mutually resolve concerns.



Capt. Laura Ramos, chief of military equal opportunity (left) discusses operations with Tech. Sgt. Aaron Jackson in the MEO office on base. (Photo by Jennifer Valentin)

"In today's culture, the word 'mediation' is becoming more widely used and more commonly referred to as the 'new wave' of dispute resolution," Sergeant Jackson said. "Resolving problems at the lowest level possible has always been and will continue to be the way of the military."

Mediation is a process in which a neutral person helps disputing parties find a mutually acceptable solution to their conflict. The MEO office has certified mediators, who are willing to help people reach a settlement in a fair, impartial and timely manner. Mediation is not only for resolution of informal military equal opportunity complaints, but any other disputes that may come up, MEO officials said.

The formal process involves the MEO office getting clarification on the matter, the sergeant said.

"This can include collecting and gathering data, and talking to people involved in the matter at hand," Sergeant Jackson said.

The formal complaint process involves a complaint clarification conducted in accordance with Air Force regulations to determine whether a formal MEO complaint is supported by evidence.

"Contrary to popular belief, MEO is and always has been an unbiased agency," added the sergeant. "We merely gather the facts to clarify allegations of unlawful discrimination and sexual harassment."

This is the reactive side of MEO, but there is a much larger part of what MEO does that is very proactive in the area of equal opportunity and human relations issues.

The MEO office is responsible for briefing commanders and supervisors about issues and how to handle them if they should arise within their units, Sergeant Jackson said.

The MEO staff has a genuine concern for mission effectiveness and improving mission readiness by helping commanders at all levels conduct

programs for equal opportunity and human relations education, Sergeant Jackson said.

"One of the primary ways we assist commanders in this area is through unit climate assessments," he said. "The UCA program helps commanders at all levels assess their organization's human relations climate."

Assessments are conducted on units with 50 or more military members within six months after assumption of command and every two years after, or at a commander's request. The process includes distributing surveys and sometimes interviewing randomly selected unit members, both military and DoD civilians, the sergeant added.

The survey is completed through the Internet and is an anonymous method for unit members to provide feedback to their commander, which in turn will give the commander a snapshot of their unit's human relations climate.

The members of the MEO office also provide briefings to newcomers to the base about sexual harassment and unlawful discrimination.

"We want people to focus on their jobs and not be concerned with any problems that may be bothering them," Captain Ramos said. "If the member is not focusing on their work, it could impact them and their unit in the long run."

The MEO office also focuses its time on various cultural observances throughout the year, such as Women's History Month and African-American History Month.

"These different observances we host informally educate the base populace on a variety of cultures," Sergeant Jackson said. "We want people to not only be interested in their own culture, but learn about others."

The MEO office is always looking for volunteers to help with observances.

For more information, call the MEO office at 652-4376.

Military intelligence: Know the enemy

By Bob Hieronymus
Wingspread staff writer

In a stateside training base, it is sometimes easy to forget the role of intelligence, or at least to downplay its importance.

That's not the case at Randolph Air Force Base. Even though the staff of 11 is assigned at the squadron level, it serves the entire wing.

The flight presents intelligence briefings at the weekly wing staff meetings and creates special briefings as required by any tenant units. These briefings include the latest information that affects air operations around the world, as well as assessments of international political events. The intelligence staff also augments the crisis action teams when they are activated and plays various roles in base-level exercises.

"Our job is to help the commander 'know the enemy,'" said Capt. Ted Cheney, 12th Operations Support Squadron Intelligence Flight commander. "We have to explain how the enemy will try to counter our operations. That means we have to know something about all aspects of the enemy's capabilities. The intelligence specialist is really the enemy's representative on the commander's staff."

The intelligence staff also presents special threat briefings to every Airman who leaves for duty at a deployed site around the world, tailoring it to his or her destination. These briefings address the real world threat in the deployed area, equipment the hostiles there may use, the social and political environment in the area, and climate information.

In all these briefings, the flight coordinates closely with local security forces and the Office of Special



Staff Sgt. David Maurice, intelligence analyst, assists 2nd Lt. Thomas Witkowski, combat systems officer graduate, with a threat analysis for a B-52 mission plan. (Photo by Staff Sgt. Lindsey Maurice)

Investigations staff, the captain said.

Much of the flight's daily work is in support of the Combat Systems Officer training conducted by the 563rd Flying Training Squadron. In this role, the

intelligence specialists provide a critical interface between the world of intelligence estimates and

Intel

Continued from Page 9

enemy equipment capabilities and the world of friendly air operations. The flight is equipped to handle various levels of classified information, as the course curriculum requires.

The Airmen and officers of the intelligence flight bring a mixture of skills to the tasks at hand, Captain Cheney said. They must understand geography and mapping methods, weapons systems and weapons technology, and aircraft capabilities, both of the United States and its potential enemies. Then they must have some understanding of the relationship between political and social systems in the countries where U.S. forces may operate. They need to communicate that information clearly to a variety of audiences.

“I’m proud of the people on our team,” the captain said. “They’ve earned the respect of many of our senior people because of the way they respond to the changing requirements placed on them.”

An especially interesting element of the flight’s support to the 563rd FTS is their participation in the course for international students, the Captain said.

“It really keeps us sensitive to foreign military perspectives of our operations which, in turn, helps us prepare Team Randolph Airmen for their deployments overseas.”

Airman 1st Class James Heathcoat, the newest member of the team with only five months of Intelligence School and three months of on-the-job training behind him, said the work is interesting.

“We get to work so many different kinds of projects here at Randolph,” he said. “It’s a good place to learn how different operational units use intelligence.”

Captain Cheney added that Senior Airman Cristy Harding, one of the flight’s intelligence specialists, is midway through a voluntary one-year deployment to Iraq, one of the first on Randolph to step up for the long assignment.

“We’re looking forward to her return because she’ll help us fine tune our threat briefings based on the latest information about how operations are conducted there” he said.



1st Lt. Melissa Moorhouse trains Airman 1st Class James Heathcoat on aircraft visual recognition procedures. Both Lieutenant Moorhouse and Airman Heathcoat are assigned to the 12th Operations Support Squadron Intelligence Flight. (Photo by Staff Sgt. Lindsey Maurice)

SPORTS and FITNESS

HAWC offers tips for healthier lifestyle



Kimberly Houk (right), exercise physiologist, explains to Janet Grund, exercise physiologist from Altus Air Force Base, Okla., how the bike is used for the Air Force Cycle Ergometry Assessment. (Photo by Jennifer Valentin)

By Jennifer Valentin
Wingspread staff writer

Whether you want to lose a few pounds, start a new exercise regimen or pick up the latest health information, the health and wellness center has something for everyone.

The Randolph HAWC offers a variety of classes, support groups and counseling for Randolph members.

“Our mission is to enhance the readiness and optimal health of the base,” said Kimberly Houk, exercise physiologist. “We want to help with lifestyle choices that lead to disease, such as tobacco addiction or excessive weight gain.”

The HAWC supports the entire Randolph community, including active duty, civilians and family members, said Dr. Suzy Harrington, health education program manager.

“We welcome walk-ins and appointments,” Dr. Harrington said. “If someone wants to come in and select some brochures they are welcome to, or if they want to talk to us about our

classes, we can help them find the right ones for their needs. We are staffed with a health educator, an exercise physiologist and a diet technician.”

Customers usually end up taking more than one class, Ms. Houk said, since they find different ones that can help in different areas of their lives.

The HAWC offers healthy lifestyle classes on topics such as anger and stress management, weight loss, tobacco cessation and cardiovascular health. Currently 12 classes are offered and more are in the works, Ms. Houk said.

“Our goal is to have a fit unit, not just focusing on diet and exercise, but a total healthy lifestyle,” Dr. Harrington said. “By meeting this goal, the active duty member will be more effective, allowing work and family life to be less stressful.”

“By making time for yourself, and taking care of yourself, you are empowered for greater success,” Ms. Houk said. “We are here to help you accomplish your goals.”

For more information on the HAWC or any of the classes offered, call 652-2300.

Upcoming April Classes

- **April 17**
9-10:30 a.m. TOPS
11 a.m. to 1 p.m. Cardiovascular 2
1-3 p.m. Body Composition 1
- **April 18**
8-10 a.m. Body Composition 2
- **April 19**
8-10:30 a.m. Healthy Living
1-2:30 p.m. Weigh to Win
- **April 24**
9-10:30 a.m. TOPS
1-3 p.m. Body Composition 1
- **April 25**
8-10 a.m. Body Composition 2
- **April 26**
8-10:30 a.m. Healthy Living
5-6 p.m. Tobacco Cessation

AETC sweeps 12 OSS 25-8, 25-21

By Staff Sgt. Lindsey Maurice
Wingspread editor

The Air Education and Training Command Intelligence and Operations Directorate swept the 12th Operations Support Squadron 25-8 and 25-21 in the intramural volleyball season opener Tuesday.

AETC's Jeff Correa and Greg Beaulieu lead their team in kills, scoring a combined 20.

"We've had some good practices and scrimmages leading up to this game to get us in shape for the season," said AETC coach Beaulieu. "It paid off today. Everyone played hard and we earned the first win of the season."

As last year's intramural champs, AETC strutted its crown with confidence as OSS scrambled on the court in game one. Correa served up seven points early on, building AETC's lead to 9-1.

OSS's David Maurice answered with three points of his own including a block for a point, with Anthony Henzel tacking on two more from the frontline. The OSS rally was cut short by another AETC scoring run. Beaulieu served five points to extend the team's lead to 21-7.

After a short OSS timeout late in the game, the team tacked on another point, but left AETC's Christ Miranda last four serves unanswered for the game.

A rejuvenated OSS team hit the court in game two.

"We knew we were making simple mistakes in the first game that cost us," said 12th OSS coach David Maurice. "We needed better communication on the court and we went in with a game plan."

OSS' Julie Honeycutt and Joseph Yakubik kicked off the game with four kills. AETC quickly answered back with four of their own including a spike by Tim Goines and a block by Ryan Lee.



Air Education and Training Command Intelligence and Operations Directorate's Greg Beaulieu (right) and Jeff Correa jump up to block a shot by 12th Operations Support Squadron's Lonnie Lingafelter during the intramural volleyball season opener Tuesday. (Photo by Steve White)

The teams continued to trade points as Lonnie Ligafelter hit past an AETC double block for a kill and AETC's Lee and Beaulieu spiked over 5 kills.

OSS setter Honeycutt kept the opposition on its toes as she hit over an unanticipated ball for the kill.

With the score at 24-19 with AETC

in the lead, the OSS squad rallied to beat the pressure as Maurice hit a hard spike into the left back corner followed by a double block with teammate Gary Daugherty for another point.

Then Goines closed out the win with a final kill into an open OSS middle court.



Intramural Bowling Standings

as of April 3		
Team	W	L
AFPC	134	74
AFSVA	124	84
AETC/LG	122	86
AETC/CSS	120	88
SVS	120	88
JPPSO	112	96
AMO	112	96
DFAS	112	96
AETC/FM	110	98
RATS	109	99
AFMA	109	99
AFPOA	108	100
CS	108	100
OSS	108	100
SFS	93	115
AFSAT	84	124
AFPC/DFSG	82	126
CPTS	74	134
340 FTG	69	139
MED GP	66	142

TEAM SCRATCH SERIES

Team	Score
AFPC	3070
SVS	2932
AFPOA	2914

TEAM HANDICAP SERIES

SVS	3316
AFPOA	3301
AETC/FM	3271

TEAM SCRATCH GAME

Team	Score
AFPC	1046
SVS	1034
AFPOA	1013

TEAM HANDICAP GAME

Team	Score
SVS	1162
RATS	1153
AFPOA	1142

Protect eyes while playing sports

By Jennifer Valentin
Wingspread staff writer

Playing sports can be a fun way to stay in shape, but people should keep safety in mind, especially when it comes to protecting their eyes.

According to the Randolph Optometry Clinic, about 42,000 sports-related eye injuries occur annually in the United States. Injuries can range from abrasions of the cornea to bruised eyelids and even vision loss or permanent blindness.

"Athletes participating in high-risk sports, such as racquetball, hockey or baseball, should make sure they use eye protection equipment," said Lt. Col. Steven Stanek, optometry clinic chief. "Today athletes can choose from various types of lightweight and sturdy protective gear that looks and feels comfortable."

The lenses of the eyewear should be made of polycarbonate, which is 20 times stronger than the lenses of typical eyewear, Colonel Stanek added. Contact lenses don't offer protection, and normal glasses don't meet the higher standard to protect against eye injury.

In hockey and lacrosse, athletes should wear face guards and helmets. In sports where the risk of eye injuries come from a finger or piece of equipment, such as basketball, tennis, squash or badminton, athletes should wear the polycarbonate protective eyewear, the colonel added.

"The best type of eyewear is a goggle, something that wraps around your face and is well-cushioned," said Tech Sgt. Bryan Crasher, NCO in charge of optometry.

Historically, the optometry clinic would see a lot of injuries from racquetball, but the staff is now seeing more injuries from basketball, the sergeant added.



Robert Poindexter (left) and Donovan Brons wear the proper eyewear while playing racquetball at the fitness center. (Photo by Steve White)

"Any sport where objects are flying and physical contact is involved is risky without proper protection," Sergeant Crasher said.

When children play sports, they should take precautions as well. More than one-third of eye-injury victims are children.

"Parents can set a good example by wearing protective gear themselves when playing sports with their children," Colonel Stanek said.

Eye protection when playing sports is important for everyone who participates.

"The risk of injury while playing sports is just as great as the risk when working at a dangerous job," Sergeant Crasher said. "If you wear the right protection, you won't worry about it and will have more fun with the sport."

Fit to Fight



The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test.

12th Contracting Squadron
Royce Phillips
Jon Sanders

SPORTS BRIEFS

Bob Carter Classic

The 34th Annual Bob Carter Classic Golf Tournament takes place April 21 at Randolph Oaks Golf Course.

The registration fee includes greens fees, cart, gift bag, lunch, refreshments and a dinner banquet following the tournament.

The price ranges from \$42 to \$62 depending on whether the golfer has a club or golf course membership. For family members or friends who only want to attend the dinner banquet, the cost is \$12.95 for members and \$14.95 for non-members.

Early registration and payment are recommended. Registrants can pay at the golf course the day of the tournament, but must call the club first to confirm their reservation.

Handicap information is needed at the time of registration. Mulligans will be available the day of the tournament. The tournament is sponsored in part by Cavender Ford.

To register, call 652-3056.